

Attention any current CIGNA Health plan participant.

Cigna has replaced "Fitness Pays" program with "Working Wonders". The following will explain the program so that you better understand the value. Please review all the material before calling to ask for a Program Kit.

## **WORKING WONDERS**

Working Wonders was developed to give you extra encouragement to become more active and lead a healthier life (even though I know that most of you need no encouragement).

- **Who can participate:** Anyone in the family, regardless of age, covered through the CIGNA Healthcare plan
- **What activities can I do:** You choose the activity, that way you will continue your program
- **How long do I workout:** You have to workout for 30 minutes throughout the day
- **How do I get prizes:** You must complete 30 days of exercise and then submit your activity form to CIGNA
- **What do I get:** You will have choices of fitness accessories, equipment and clothing, while the kids have prizes geared for ages 5 and older. You earn your way to the better prizes. For a complete list, you will need to ask for the packet.
- **Cost:** FREE, as long as you are a CIGNA Healthcare Participant
- **How do I sign up:** Contact Drew for your Program Kit and then when you complete your first Activity Card and send it in to Cigna, you are now enrolled in Working Wonders.
- **More Information:** Contact Drew (phone numbers below) to get your Program Kit or CIGNA Working Wonders Program with additional questions at 1-800-811-1872.

*Make sure to give me your Name (spelling first and last), Department, and Interoffice Mail Address; so that I can send you the program kit.*

**Thanks,**

**Andrew Guarneri (Drew)**

***If you have questions regarding the Wellness Program please let me know.***

**Phone: 602-506-3758**

**Pager: 602-250-7807**

**Fax: 602-506-1292**